

BEAR POWER

May 2023

MAKE YOUR MISSOURI STATEMENT™

Summer!



With the semester wrapping up and summer upon us, here are some tips for the summer...

1. Dedicate one hour a day to do something you enjoy!
Some ideas include going for a walk, watching your favorite show, and attending a fun event.
2. Make sure you are getting enough sleep each night.
3. Try to be active for 30 minutes a day.
4. Keep up a schedule.
5. Work or volunteer over the summer to increase your skills.
6. Try to cook 1 meal a week.
7. Help with shopping, cleaning, yardwork.



UPCOMING EVENTS

- Application for Fall 2024 opens August 1, 2023
- Welcome Weekend August 16-18
- SOAR - watch for details but most likely around August 17 or 18th
- August 20- Women's Soccer game
- August 21st - First day of classes

ACADEMIC SUPPORT AND INTERNSHIP SEMINAR

Throughout this semester, Occupational Therapy (OT) students worked with Bear POWER students during Academic Support. This was a great partnership and we look forward to continuing this partnership with subsequent semesters. Occupational Therapy students worked with the following categories: Emotional, Spiritual, Intellectual, Physical, Environmental, Financial, Occupational, and Social. Caleb Hatz (Program Coordinator) worked with the MSU OT to ensure their projects and lectures not only aligned with the content of the Academic Support class but were also equitable for our students. MSU OT students did a great job delivering the content in various formats that were fun, engaging, and educational. During the last class period, the students were able to do have a fun activity. Cohort 3 worked on executive functioning, budgeting, and meal prep by baking cookies! Cohort 4 worked on teamwork, executive functioning, and communication by having a scavenger hunt!



SUPPORT BEAR POWER

We couldn't help support students and give them opportunities to engage on campus without donor's financial support. If you can help support our program, please scan the QR code or go to <https://securelb.imodules.com/s/1691/foundation/interior.aspx?sid=1691&gid=2&pgid=1053&cid=1991> to make a donation!



Welcome Weekend Info

<https://blogs.missouristate.edu/bearsfamilies/2019/07/28/join-us-for-welcome-weekend-2019-august-16-18/>